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April 16, 2021

From: Det. Lieutenant Scott M. McDonald #2760, Commandant, State Police Academy

To: 86th Recruit Training Troop Candidates

Subject: Voluntary Physical Fitness Assessment

1. **DISCLAIMER:** A voluntary physical fitness run assessment is being offered to a limited number of active candidates for the 86th Recruit Training Troop. Candidates who have completed all steps in the hiring process, will have their candidate number posted on Mass.gov. Please review this to verify your eligibility. **Participation in this voluntary assessment will have no impact on your standing within the selection process.**

2. Being physically fit is paramount to your successful completion of the Massachusetts State Police Recruit Training program. The Massachusetts State Police would like to invite candidates to run three miles on the same track where the 86th Recruit Training Troop will conduct its daily physical training. The track is known as Perimeter Road. It is one mile in length and includes elevation changes that you will need to prepare for. Trainees that resigned from prior Recruit Training Troops often noted that running on Perimeter Road was much more difficult than running on a treadmill or running track. Their lack of proper physical training was a contributing factor in their resignation.

3. The State Police Academy will host sessions on Thursdays beginning promptly at 1000 hours on the following dates:

4/22, 4/29, 5/6, 5/13

4. Candidates will track and note their run times which will be tracked using an electronic timing system. Once the run has been completed, candidates are invited to attend a physical fitness informational session conducted by the State Police Academy Physical Fitness Coordinator. Candidates will have the ability to ask questions regarding physical fitness preparation at that time.

5. Candidates will report to the State Police Academy Gymnasium on the date(s) they wish to participate. Please arrive in PT gear with proper running shoes. You will not be allowed to change clothing.

6. Although this is completely voluntary, your participation is strongly encouraged. Should you wish to take advantage of this opportunity, please email Ms. Juliet Tondera at the following email address: Juliet.Tondera@massmail.state.ma.us, with the dates you wish to attend and advise her of your intention to participate. Please include your name, Candidate ID number, and date(s) you wish to attend. If a conflict should arise, you must notify Ms. Tondera of your inability to attend your selected date(s).

7. All Candidates participating in the voluntary run MUST complete the Advance Waiver of Liability and bring a copy on the date(s) they wish to participate. Please have the form completed prior to arriving at the State Police Academy.